## Doctor Population Increased by 3,000 During Year 1956

CHICAGO—The physician population of the United States increased by 3,004 in 1956, according to the annual report on physician licensure by the American Medical Association's Council on Medical Education and Hospitals.

Actually 7,463 physicians received their first licenses to practice medicine and surgery in 1956. However, 3,659 physicians died during the year. Subtracting this number from the number licensed for the first time leaves a gain of 3,804 in the total American physician population.

State and territorial boards issued 14,543 licenses during the year, but 7,080 went to doctors already holding licenses from another state or to men who took examinations in more than one state.

Of the total licenses given, 7,122 were by written examination and 7,421 by interstate reciprocity and other methods. Compared with 1955, a near-record year exceeded only by 1946 and 1954, there was a decrease of 297 in the total number of licenses issued.

Most candidates who received licenses by examination came from the 76 approved four-year medical schools in this country and 11 in Canada. The rest were from foreign schools, unapproved schools, schools of osteopathy, and schools no longer operating. Only 4.5 per cent of the 6,149 graduates of approved American schools failed to get licenses. Most failures occurred among graduates of foreign, unapproved or osteopathic schools.

The greatest number of licenses (1,745) was issued by California. New York issued 1,355.

## Many Known Stars Revolving Twins

WASHINGTON—Twin stars with lifetimes of only 100,000 years; stars with enormous diameters but with masses only one-tenth or two-tenths of that of the sun—attention is called to such celestial objects by Dr. Otto Struve, University of California astronomer, in a discussion of the observed phenomena of double stars. A large proportion of known stars are double, and their behavior poses some of the most difficult problems in astronomy.

A report by Dr. Struve on double-star research and its future trends has been issued by the Astrophysical Observatory of the Smithsonian Institution.

These stars revolve around each other. They must have had a common origin, and presumably each pair separated out of an original cloud of rapidly revolving gas. A slowly turning cloud would condense into a single star, according to present orthodox theories. If the revolution were sufficiently rapid, the cloud would split into two or more parts, and each component would condense into a star. These "twins" may differ greatly in diameter and mass.

## Women Diners Complain Most, Survey Discloses

Don't look now girls, but the restaurant manager is watching you!

In fact, judging from a survey report released today by Charles C. Cowley, executive vice president of Muzak Corporation, restaurateurs have been watching the ladies at chow for some time. And they want to help the girls relax.

Only 37.1% of the food experts think more women than men customers suffer from tension; 56.6% said more men are affected. However, even though the girls are outnumbered, they seem to feel the need of blowing off steam more. The restaurant men say meal time tension causes:

* women to complain about service more than men;
* more women to be dissatisfied with meals—by almost 2 to 1 over men customers;
* the ladies to be impatient and irritable waiting for service;
* women to smoke excessively—even more than men.

## One of Five Americans Moves Every Year

Americans continue to be the movingest people. Figures compiled by the U. S. Bureau of the Census show that 33 million persons of all ages changed homes in the year ending in March, 1956. This represented one person out of every five in the civilian population, a proportion which has shown no important change from year to year over the past decade.

### Pretty Blue Eyes

CHICAGO—In our early history, the blue-eyed mountain girls of the Southern Appalachians used juice from the Jimson weed applied to the eyeballs. The juice was thought to enlarge the pupil so that only a thin rim of blue showed. It made them look "purtier." Since the plant is poisonous it is not recommended.

## Pamplin Vicinity

Pamplin Vicinity, Oct. 16.- Mrs. Mildred Inge, of Rocks neighborhood was the supper guest of Mrs. L. M. Southall and Mrs. Lizzie Robinson recently.

Miss Jane Andrew Williams spent Sunday with Mr. and Mrs. Jim Wooldridge and family, of Evergreen.

Mrs. Vara Crump spent the week-end with relatives in Buckingham.

Mrs. Harold Anderson and son, Larry spent the week-end in North Carolina.

Dr. and Mrs. Donald Smith and little daughter have returned from a trip to New Jersey.

Mr. and Mrs. T. E. Caldwell, of Lynchburg spent the week-end with Miss Flora Belle Williams.

Mrs. Kester Jamerson is on the sick list with a cold.

Mrs. Dorothy Canada spent the week-end in Ashland.

Mr. and Mrs. Alfred Marsh, Mrs. C. E. Ramsey and little Bill Ramsey, Mrs. Raymond Price and daughter, Janice visited Mr. and Mrs. W. J. Garrison, of Madisonville Sunday evening.

Howard Williams, Jr., spent the week-end here.

Mrs. Taylor Inge is recovering from a recent illness.

Mrs. John Hatch and Mrs. Ed Stokes, of Front Royal, and Mr. and Mrs. Lloyd Inge, of Wilson spent the week-end here and attended the home-coming at the Methodist Church Sunday.

Mr. and Mrs. Lawrence Young, of Lynchburg spent the week-end with Mr. and Mrs. Mack Inge and family.

Mrs. Juddy Glover and Mrs. A. L. Anderson were Saturday dinner guests of Mr. and Mrs. Herbert Greene, of Farmville.

Mr. and Mrs. Roy M. Tolley and son, Ray Allen, and Mrs. A. L. Anderson and daughter, Audrey Lee, visited Mr. and Mrs. G. W. Glover Sunday evening.

Mr. and Mrs. Lewis Harris and Mrs. Juddy Glover visited Mr. and Mrs. T. D. Harris Sunday evening.

Miss Cassie Baldwin and Mrs. Lizzie Robinson were visiting in Evergreen Saturday evening.

Mrs. J. C. Walker, of Burkeville spent the week-end with Mr. and Mrs. Emery Davis and family.

Mr. Charlie Averette and Mr. Emery Davis spent last week in Tulsa, Oklahoma.

Mr. and Mrs. Sidney Mann and daughter, Vickey were the Sunday guests of her mother, Mrs. Zelma Spence, of Farmville.

Mr. and Mrs. Marvin Paulette, of Lynchburg and Mr. and Mrs. Clayton Beale called to see Mrs. W. S. Cumby Sunday evening.

Mr. and Mrs. Thurman Wayne visited Mr. and Mrs. Luther Nash Sunday evening.

## Liberty Chapel

Liberty Chapel, Oct. 15.- Mr. and Mrs. Sydnor Lawhorn, of Maryland visited in the home of their brother-in-law and sister, Mr. and Mrs. Sam Thornhill last week.

Mr. and Mrs. Ed Eubank, of Lynchburg entertained with a dinner party at their home Saturday evening honoring the birthday of Mrs. Eubank's father, J. Preston Coleman. Those present, including hostess and honoree: Mrs. Preston Coleman, Mr. and Mrs. John W. Gunter, Mr. and Mrs. Sam Thornhill, Mr. and Mrs. Joe Megginson, and Mr. and Mrs. B. C. Childers and family.

Mr. and Mrs. Marvin Reynolds and Becky were dinner guests Sunday of Mr. and Mrs. Gilbert Trujillo, of Lynchburg. They also visited in the home of Mr. and Mrs. Harry Phelps, of Bedford, in the afternoon.

Supper guests Sunday of Mr. and Mrs. Charles Scruggs were Mr. and Mrs. Marvin Reynolds, Mr. and Mrs. Wilbur Scruggs, Miss Becky Reynolds, Misses Linda and Faye Scruggs.

Week-end visitors of Mr. and Mrs. Paul Thornhill were Mr. John Nie Sperry, of Oklahoma, and Mr. and Mrs. Bill Sperry, Wendy and Johnnie, of Alexandria. Other visitors Sunday were Mr. and Mrs. Billy Mills, Mr. and Mrs. Henry Stanley Jr., Mr. and Mrs. Don Thornhill and Mr. and Mrs. Sam Thornhill.

Mr. and Mrs. R. S. Guill and children, of Norfolk, were week-end guests of Mr. and Mrs. Percy Garrette.

Dinner guests Friday of Mr. and Mrs. J. H. Reynolds were Mr. and Mrs. B. C. Reynolds, Mrs. Jason Heigh, Mr. and Mrs. Otha Haywood and Mr. and Mrs. L. C. Reynolds.

Virginia has an average annual rainfall of 42 inches. About 15 inches are lost in "run-off" water. University of Virginia and Virginia Polytechnic Institute in annual Tobacco Festival game in Richmond, Saturday.

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## ocks

ks, Oct. 14.- The first real rome this week-end.

farmers are busy sowing barley and wheat now.

may cut for the prayer and business meeting on day night. We need your to keep this service going nday nights. Don't forget it.

M. H. Marks was visiting her Elate, at Charlotte C. H. Wednesday.

D. R. Inge is spending a at Pamplin with Mrs. Taylor who is sick.

er from here attended the union group 4 meeting at Church last Friday night.

and Mrs. L. C. Elder attended Taylor funeral at Madison Saturday afternoon.

Joseph R. Darden had charge installation service for the S officers here last Sunday ter church School. ...ty of service mentioned ...ty, Humility, Truth, Knowledge, Service, Peace, Wisdom, Fellowship, and Love.

and Mrs. Lewis Dickerson and were visiting Mr. and Mrs. Dickerson and Danny, at ...el awhile Thursday afternoon last night.

and Mrs. Thurman Wilcox ...ta and Miss Kelly, of Falls spent the week-end here ...h. M. H. Marks and Mr. and Stuart Ranson.

Richardson and Wilson Allen were ordained as deacons ...day afternoon. Several visitors along with others were present.

## Pamplin

Pamplin, Oct. 15.- Mrs. J. H. Anderson and son, Larry, spent several days last week with her mother, Mrs. E. O. Ferrell, of Durham, N. C.

Miss Copeland Johnson, of Charlottesville was a week-end guest in the home of the Rev. and Mrs. W. M. Black.

Mr. and Mrs. Herman Wingfield and Miss Ann Terry, of Richmond, were week-end visitors in the home of Mrs. H. T. Terry.

Mrs. Green Garrette spent several days last week with her sister, Mrs. Jessie Garrette, of Drake's Branch.

Mr. and Mrs. Jim Coleman, of Lynchburg visited in the home of Mr. and Mrs. R. E. McClenny last week.

Mrs. J. W. D. Canada attended a family reunion at Halifax last Sunday.

Mr. and Mrs. George Gould, of Wichita, Kansas were week-end guests in the home of Mr. and Mrs. Stuart Farrar.

Mr. and Mrs. Thomas Caldwell, of Lynchburg were week-end visitors of relatives here.

Among the visitors who attended the homecoming at the Methodist Church Sunday were Mr. and Mrs. Lawrence Young, Mr. and Mrs. Thomas Caldwell, Mrs. Carry Hubbard and daughter, Mrs. Farmer, of Lynchburg; Mrs. Ed Stokes and Mrs. John Hatch, of Front Royal, Mrs. Myrtle Price, of Kenbridge, and Mrs. Lloyd Inge, of Wilson.

Mr. and Mrs. Lloyd Inge, of Wilson were week-end visitors in the home of Mrs. T. R. Inge.

### Health and Beauty

It is the duty of every prospective mother to learn and to put into practice everything that is possible to preserve her own health and that of her child. In the case of the child, it commences before birth, and should be carried on until he is old enough to take over for himself. This he will do if properly trained by a careful and intelligent mother.

There are plenty of informative books on the market now that give sensible instruction on the subject. They will be studied by earnest, inquiring mothers. Diet of the pregnant woman is largely a determing factor in her own health and that of her child.

The expectant mother should keep in touch with her physician and dentist. They will gladly instruct her as to her mother of preparation for the little stranger and tell her where she can find books and pamphlets that will give her reliable information.

Some mothers are amazingly ignorant and negligent about the importance of taking proper care of the first or milk teeth of their little ones. The mouth should be kept sweet and clean. The first set of teeth are very important and play a very useful part in the future welfare of the child.

In the first place, everything pertaining to the human body has a very definite and important function to perform. The baby teeth should receive the most meticulous care. Their presence is necessary for mastication of food and for proper development of speech. They are also necessary for the growth and development of the gums, the jaws, face and head. If they did not serve a necessary purpose, they would not exist.

The loss of a single baby or foundation tooth, until it has been absorbed into a permanent tooth, is a misfortune. Some ignorant mothers actually allow the foundation teeth to decay in the child's mouth, and they do nothing to prevent it.

The development of the foundation teeth requires good, nutritious food. All babies need plenty of milk to furnish calcium with which to build teeth and bones.

Every one of the twenty foundation teeth should be in the mouth by the time he is 2 1-2 or 3 years old. They are necessary for properly chewing the food and the maintenance of health.

If several of these baby teeth are lost, nature cannot properly carry out her designs. The face and jaws will lack the assistance that would have been afforded by helpful, well-developed, properly functioning baby teeth. Crooked, crowded, unsightly permanent teeth are often caused by neglect and consequent loss of foundation teeth.

### 4-H CLUB MEETING

The regular monthly meeting of Mrs. Lawrence's 4-H Club was held Oct. 8 at Appomattox High School, with the president, Peggy Lewis, presiding. Twenty - six members were present. The devotionals were led by Nancy Lewis.

A committee was appointed to arrange a window display for 4-H achievement day, as follows: Patsy Farrar, Nancy Powers, Linda Worley, Brenda Clapp, Carolyn Childers, Diane McCormick and Jackie Baldwin.

The club was divided into two groups. Each group listed what they thought were the characteristics of a model 4-H member.

Reporter: Kitty Lou O'Brien.

Subscription rate: $2.00 a year; payable in advance.

### FARM HOUSING LOANS ARE AVAILABLE NOW

The construction and repair of farm houses and other farm buildings may be financed by Farmers Home Administration loans, Reese O. McCormick, Jr., the agency's local county supervisor, said this week.

He said the same kind of farm housing loan program is available as last year when American farm owners borrowed $21,300,000 to construct, improve or repair farm houses and other essential farm buildings, or to provide water for farmstead or household use.

Farmers Home Administration loans are provided only when a bank or other lender cannot adequately serve the farm owner's credit needs, at the present time. The agency does not compete with conventional or cooperative lenders, Mr. McCormick said, but does supplement the credit services supplied by other sources.

In 1950 there were 3.1 acres of agricultural land per person in the United States. By 1975 it is estimated that there will be 2.2 acres. And by the year 2000 the estimated acreage will be only 1.6 acre per person.

### AT PHILLIPS COLLEGE

The following students from Appomattox County are enrolled at Phillips Business College, Lynchburg, for the fall term:

Miss O'Neill Brummett, Concord, daughter of Mr. and Mrs. W. S. Brummett; Miss Shirley Fleshman, Red House, daughter of Mr. and Mrs. J. T. Fleshman; Miss Louise Ranson, Pamplin, daughter of Mr. and Mrs. Harry W. Ranson; Miss Joan Weeks, Spout Spring, daughter of Mr. and Mrs. J. W. Weeks; Miss Patsy Williams, Phenix, daughter of Mr. and Mrs. Sam Williams; Miss Ottie Conner, Appomattox, daughter of Mr. and Mrs. L. E. Conner; and Miss June Nash, Spout Spring, daughter of Mr. and Mrs. John G. Nash.

### STATEWIDE BIG GAME TROPHY CONTEST

Commissioner J. Cargill Johnson, of the Commission of Game and Inland Fisheries will present the awards to winners in the 1957 statewide Big Game Trophy Contest on November 9th at the Newport News Apprentice School Building in Newport News.

The best reservoir for storing water is the earth itself. A soil of good structure is capable of storing as much as 10 inches of water in a depth of 40 inches.

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Last Roundup!
October 31st is the last day to take advantage of Southside Electric Cooperatives offer for free electrical hook up including all costs of electrical materials and labor.
ENJOY LIVING BETTER ELECTRICALLY NOW!

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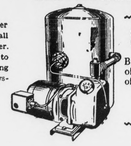
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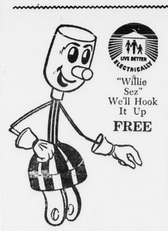

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